



## Important Pre-Departure Information – Travel Requirements

PANAMA (US, Canadian, UK, AU and NZ guests)

Effective March 1, 2022

To begin your Viking journey in Panama, please ensure you have the following:

1. **Valid Passport** (must be valid for 6 months beyond your planned trip dates).
2. **Proof of up-to-date COVID-19 immunization**  
(final dose received at least 14 days prior to departure, and booster dose—when eligible) certified by VeriFLY
3. **Proof of negative COVID-19 Test** (laboratory-certified)
  - **PCR test** taken within **72 hours** prior to boarding first outbound flight from home country, or
  - **Antigen test** taken within **24 hours** prior to boarding first outbound flight from home country
  - Viking will accept select at-home COVID-19 tests.And/or **Proof of Recovery** from a previous COVID-19 infection (during the past 15–90 days and, prior to departure)
4. **Complete Panama Electronic Health Affidavit**, found here <https://www.panamadigital.gob.pa/RegistroPacoViajero>
  - For additional information regarding Panama's entry requirements, visit: <https://www.visitpanama.com/information/travel-guidelines/>.

If you are traveling independently, please ensure you review local requirements for the countries you are visiting. Before joining your first Viking activity you must meet Viking's testing requirements, listed in the Resource section below.

### Pre-Departure Checklist

# of Days Prior to Departure	Action Items
<input type="checkbox"/> As soon as possible	Confirm your <b>passport</b> is valid for at least 6 months beyond your trip date. Ensure you have adequate <b>travel insurance</b> to protect your investment and ensure you have appropriate medical coverage.
<input type="checkbox"/> 14	Receive your final <b>FDA/WHO/EMA approved COVID-19 vaccine</b> dose.
<input type="checkbox"/> 10-30	Complete <b>VeriFLY Vaccine Certification</b> following the steps outlined in the VeriFLY app. <ul style="list-style-type: none"><li>- Additional information can be found <a href="#">here</a>.</li></ul>
<input type="checkbox"/> 5-7	Complete and submit the <b>Viking Digital Health Survey</b> . <ul style="list-style-type: none"><li>- You will receive an email with a link to complete the survey at <a href="http://www.myvikingjourney.com">www.myvikingjourney.com</a>.</li></ul>
<input type="checkbox"/> 3-1	<b>Get a COVID-19 Test</b> – (with a laboratory-certified proof of negative result). <ul style="list-style-type: none"><li>• <b>PCR test</b> taken within <b>72 hours</b> prior to boarding first outbound flight from home country, or</li><li>• <b>Antigen test</b> taken within <b>24 hours</b> prior to boarding first outbound flight from home country</li><li>• Viking will accept select at-home COVID-19 tests.</li><li>- Ensure you are provided with either a printed and/or electronic copy of the results, and/or</li><li>- If you have recovered from a previous COVID-19 infection, ensure you carry documentation of recovery or a positive PCR test result from the time of infection.</li></ul>
<input type="checkbox"/> 2	Before departure, <b>complete Panama Electronic Health Affidavit</b> , found here <a href="https://www.panamadigital.gob.pa/RegistroPacoViajero">https://www.panamadigital.gob.pa/RegistroPacoViajero</a> <ul style="list-style-type: none"><li>- <b>Note:</b> Some words on the form will be in Spanish:<ul style="list-style-type: none"><li>▪ United States = Estados Unidos</li><li>▪ Canada = Canadá</li><li>▪ United Kingdom = Reino Unido</li></ul></li><li>- Temporary Address in Panama: Province = "PANAMA", District = enter "PANAMÁ", Hosting site= "Fuerte Amador", Hosting Site Address = "084300762", Hosting Site Phone = "3141980"</li></ul>



Before your flight

#### Assemble your Travel Documents

- Valid Passport
- Airline Tickets
- Proof of up-to-date COVID-19 Immunization
- Lab-certified proof of negative COVID-19 Test Results or Proof of Recovery
- Viking Cruise Documents/Journey Summary/E-Documents
- Panama Electronic Health Affidavit

**Pack and wear KN95, N95 or FFP2 face masks** while in transit (at the airport, on flights, etc.)

## What to Expect Along Your Journey

The information below reflects the protocols outlined in the Viking Health & Safety Program. Viking's medical team will continue to monitor conditions in all the destinations we visit and may adjust these policies as necessary.

**1. Prior to your embarkation,** there will be additional COVID-19 screening, including:

- Temperature check
- Health survey
- Acceptance of contact-tracing during your cruise

**2. Once you are on board and in your stateroom,** you will take a COVID-19 PCR test (via non-invasive saliva sample)

- Please refrain from consuming anything or smoking for at least one hour before submitting your saliva sample.
- You will be asked to remain in your stateroom until your negative test results are confirmed.

**3. During your voyage:**

- There will be up to daily COVID-19 tests (saliva samples).
- Guests are able to explore on shore independently while following the requirements in the country they are visiting. Our team will continue to monitor conditions, partnering with local authorities.

**4. Prior to leaving your ship or post cruise extension,** Viking will provide you with test results needed for your return flight.

- If you are continuing independently, you are responsible for getting your own COVID-19 test prior to departure.

## Resources

**Pre-Departure COVID-19 Testing:** To see Viking's testing requirements, testing locations near you, and at-home testing options visit:

- **US Guests:** <https://www.vikingcruises.com/oceans/my-trip/health-and-safety/covid-19-testing.html>
- **UK Guests:** <https://www.vikingcruises.co.uk/oceans/my-trip/health-and-safety/covid-19-testing.html>
- **Canada Guests:** <https://www.vikingcruisescanada.com/oceans/my-trip/health-and-safety/covid-19-testing.html>
- **AU/NZ Guests:** <https://www.vikingcruises.com.au/oceans/my-trip/health-and-safety/covid-19-testing.html>

**Home country's re-entry requirements:** Please review your prior to leaving for your trip.

- **US Guests:** <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>
- **UK Guests:** <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>
- **Canada Guests:** <https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>
- **AU Guests:** <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-travel-and-restrictions/international-travel-and-covid-19>
- **NZ Guests:** <https://covid19.govt.nz/travel/pre-departure-tests-to-enter-new-zealand/#find-out-if-you-need-a-pre-departure-test-to-enter-new-zealand>

**Reminder:** Travel requirements may change on an ongoing basis and be updated before your departure.

**Please revisit this information at least 7 days prior to your departure for any updates.**